

Climbing the Ladder

U6-U8 Development Program



Introductions & Announcement Recap

Ladder Committee & Program Coaches

- Mindy Burton
- Ana McMullen
- Anthony Forehand
- Josue Almada
- Sean Yohe

Ogden Soccer Board Members

- Steve Van Wagoner
- Brittany Litz
- Mac Tapia
- Mindy Burton
- Sean Yohe

Thank you all for coming! We're very excited to be launching this program. In a few weeks we'll begin bringing our teams together for practices. Today, we'll go into specific details on the execution of the program but I'd like to start by addressing the goals this program will help us achieve.



Program Benefits: Community in Action

PLAYERS

COACHES

CLUB

Age Appropriate Skills in
Consistent Program



Removes Stress of Planning
Practices



Better Player Development
(Delivering on Our Promise)

Greater Socialization
(Increased
Participation/Fun)



Meeting Other Players &
Coaches (Mutual Support)



Developing Community &
Culture

More Players = Better
Activities (Improved
Development)



Help Running Practices



Growth & Development

Pressure-free Learning
Environment (Keep Kids
Playing)



Pressure-free Coaching
Environment (Let's Enjoy
the Ride)



Increased Retention of Better
Players & Coaches



PROGRAM DETAILS

Times & Places

- Location: Liberty Park (4v4 fields)
- Start Date: March 16
- Monday
 - 4p-5p > U6 Girls
 - 5p-6p > U8 Girls
- Wednesday
 - 4p-5p > U6 Boys
 - 5p-6p > U8 Boys

Methodology

- Psychological & Physical Development State
 - Naturally self-centered
 - Able to learn new movements easily
- US Soccer's Player Development Roadmap
- Player-centered Approach
 - Players moving with a ball at their feet
 - Minimize downtime and interruptions
- Play-Practice-Play



PROGRAM DETAILS

- **Group Size:** 8-12 players
- **Field Allocation:** 1-2 groups
- **Coaches:**
 - **TCs** with own teams
 - **PCs:** 2 per field
- **Time Per Phase:** 15 min.
- **Time Breakdown:** 15 min. to include water breaks & explanation; actual activity ~8-10 min.
- **Transition:** 1-2 coaches prepare next phase during exercises; can be done during explanation of new phase as explanation is given to players



Movement

Activities focused on gross motor skills (athletic movement); intermittent ball inclusion



Ball Control 1

Uncontested games focused on ball control and beginner skill moves; every player has a ball at all times



Ball Control 2

Lightly contested games focused on application of ball control in varied game situations



Group Play

Small-sided games focused on basic teamwork; spacing and passing (2v1, 3v1, 3v2, & 3v3)



U6/U8 Ogden Soccer Practice Plan Overview

Week	Format	Practice	Exercises
1	Intro/Ball Control	Controlling ball with surfaces of foot	
2	Ball Control	Controlling ball with both feet	
3	Ball Control	Moving forward with the ball and stopping	
4	Ball Control	Moving left and right with ball	
5	Attacking (Small Scale)	Shooting	
6	Attacking (Small Scale)	Shooting & Tricks 2	
7	Defense	Protecting the goal/ball	
8	Defense	Protecting the goal/ball	
9	Passing/ Teamwork	Turning and Tricks	
10	Passing/ Teamwork	Turning and Tricks	



Closing Remarks & Community Questions

Community gives us so much but we can't get anything out of it that we aren't willing to put into it first. Whether you're a seasoned coach who's got everything under control or a first-timer just doing the best you can, we can provide the best experience possible to our kids, each other, and the whole community through this program. This is the definition of "community" in action. I hope you'll join us in taking this step to delivering the best program possible for the development of our kids.

Communicating to your teams' families: If you'd like to participate in these sessions, please start by simply informing your families that you plan to do this rather than opening it up to a vote. Request that they acknowledge your message and welcome them to reply with their questions and concerns but don't ask permission. Instead, communicate openly and give them a chance to work out their own schedules. Ultimately, if your families just can't do it, we understand that you'll have to bow to that reality.

FAQs & Objections:

1. Is it mandatory? What if my team can't be there?
2. I have a special connection with my team and I don't want to lose that.
3. I've got a good thing going. I don't think I need this.
4. My players are advanced and don't need this.
5. I don't want to be told what to do. What about my ideas?

We appreciate everything you do. Thank you!

